



MEALS

DARLA'S DINER CARHOP BREAKFAST | EVERY FRIDAY | 8-10 AM | FREE | CAR SERVICE & IN-PERSON

Drive your car into a parking spot anytime between 8-10 AM at the Community Center on Fridays and we will come to you and take your order! Roll your windows down and safely say hello to your friends while enjoying breakfast in your car or you are welcome to sit at a table underneath our lovely trees. First come, first serve.

LUNCH | MONDAY-FRIDAY | TAKE-OUT 11:00-11:30 | IN-PERSON LUNCH 11:30 AM-12:30 PM | SUGGESTED DONATION FOR 60+ IS \$3.00

Salt Lake County Aging and Adult Services is providing lunch at the Community Center. Take-out lunch is now available inside the Center at the kitchen window 11:00-11:30 AM. **(Please note that our curbside lunch option has now been discontinued)*. In-person lunch will be available 11:30-12:30 PM. Please call 801-302-1222 and let us know you would like a meal. Donations are accepted by placing cash in the provided donation box or online at slco.org/aging-adult-services/donation/.

TRANSPORTATION



TRANSPORTATION TO AND FROM SENIOR PROGRAMS FOR RESIDENTS | 9:00 AM-3:00 PM | FREE

Transportation to and from Senior Programs is available for South Jordan Residents ages 60+ free of charge. Please call 801-302-1222 to schedule a ride.

FITNESS

T'AI CHI | EVERY TUESDAY AND FRIDAY | 10:00-11:00 AM | IN-PERSON | STREAMING ON ZOOM AT THE SAME TIME



Taught by Ray J. Zoom Meeting ID: 989 9667 6163, Passcode: 205493. Join us every week for this calming method of stretching and breathing said to reduce anxiety and depression while improving balance, flexibility and muscle strength.

ZOOM GENTLE YOGA | EVERY WEDNESDAY | 10:15 AM

Taught by JP. Meeting ID: 929 2049 4282 Passcode: 586370. Designed to increase flexibility, strength and balance. Primarily done in a chair.

IN-PERSON GENTLE YOGA | EVERY THURSDAY | 10:00 AM

Taught by Mary. Designed to increase flexibility, strength and balance. Primarily done in a chair.

RESTORATIVE YOGA | EVERY FRIDAY | 9:30-10:30 AM | IN-PERSON | CONTINUING ON ZOOM AT THE SAME TIME

Taught by Crystal. Meeting ID: 938 2111 1657 Passcode: 518770. Designed to strengthen your mind, body and spirit.

EXERCISE EQUIPMENT | MONDAY-FRIDAY | AVAILABLE BETWEEN 8:00 AM-3:00 PM | IN-PERSON

One treadmill and 3 recumbent bikes are available for your use, complete with a television to help the time go by.

PICKLEBALL | EVERY MONDAY AND THURSDAY | 1:30-3:30 PM | IN-PERSON

A fun sport that combines many elements of tennis, badminton and ping pong. Played indoors in the auditorium.



ART

OIL/ACRYLIC PAINTING | EVERY TUESDAY | 1:00-3:00 PM | \$3/CLASS | IN-PERSON | ZOOM CLASS OFFERED THE 1ST AND 3RD MONDAY ON THE MONTH

Taught by Fran and Karen. Whether you are new to oils or have experience, you will learn something new in this supportive class environment. You must have your own supplies. Registration required. To register for in-person or Zoom, email Jamie at jculbertson@sjc.utah.gov or call the Community Center office at 801-302-1222. You will receive the Zoom link once you register.

WATERCOLOR | 1ST AND 3RD FRIDAY | 10:00 AM-12:00 PM | \$3/CLASS | IN-PERSON

Taught by Gwen. Novice or professional, you will enjoy this class! You must have your own supplies.

CERAMICS | EVERY MONDAY AND WEDNESDAY | 12:30-3:30 PM | \$1 + COST OF SUPPLIES | IN-PERSON

The ceramics class has a great time creating original pieces of art. We have molded pieces available to choose from that you can paint or glaze and have fired in the kiln. They would be happy to help you find just the right piece to begin! Fee's vary depending on piece.

GAMES

BILLIARDS | MONDAY-FRIDAY | AVAILABLE BETWEEN 8:00 AM-3:00 PM | IN-PERSON

Anyone for a game of pool? Check out our 7 foot table that has recently been refelted. Have multiple friends that want to play? Talk to Jamie about starting a league. jculbertson@sjc.utah.gov or 801-302-1222 or stop by her office located in room #104 next to the large bulletin board.

THERE'S MORE

COMPUTER LAB | MONDAY-FRIDAY | AVAILABLE BETWEEN 8:00 AM-3:00 PM | IN-PERSON

Checking emails or playing solitaire, the computer lab is available for your virtual needs. Printer available as well. Please limit printing to 10 pages per person. Additional pages will be 10 cents each. You can pay at the office.

SALON | BY APPOINTMENT | CALL CAROLINE AT 801-577-7594 | FEE'S VARY | IN-PERSON

Licensed stylist, Caroline Sander is here to serve you with professional salon services.

SENIOR ADVISORY COMMITTEE MEETING | TUESDAY, AUGUST 24 | 2:00 PM | IN-PERSON

Open to the public. Information posted on Utah Public Notice website located at <https://www.utah.gov/pmn>.



Information in this newsletter is subject to change at any time



SENIOR HAPPENINGS

The latest news and updates from

South Jordan Senior Programs

located at: **South Jordan Community Center**

10778 S Redwood Rd | South Jordan, Utah 84095

801-302-1222 ext. 1102 | www.sjc.utah.gov

Hours of Operation: Monday-Friday 8:00 AM-3:30 PM



WELCOME TO SOUTH JORDAN SENIOR PROGRAMS!

The Community Center staff and the Senior Advisory Committee welcome you to our great center! Participation in activities for Senior Programs are for seniors 60+. Joining is free and classes are free unless otherwise noted. See information listed on classes in the following pages of this newsletter. Call us if you have any questions!

SOUTH JORDAN SENIOR ADVISORY COMMITTEE

The South Jordan Senior Advisory Committee is dedicated to helping promote the interests of older adults and their families by providing a creative and informational environment where older adults can engage in social activities, by sustaining and improving the quality of health, well-being and safety and by supporting the fulfillment of older adult needs in the community.

Open meetings held the last Tuesday of the month. Information posted on Utah Public Notice website located at <https://www.utah.gov/pmn> and in the following pages of this newsletter.



*Thank you for your
patience as we cautiously
open with care for all of
our patrons and staff.*

WHAT YOU NEED TO KNOW:

- Reservations for lunch are encouraged.
- ALL participating individuals of Senior Programs will be asked to renew their membership and fill out an updated form. You will receive an assigned barcode upon completion of your membership.
- New sign-in procedure when entering the building. You will scan your barcode you received upon membership.
- Masks are not required in the building. Everyone is responsible for making the best choice for themselves. Please be courteous and respectful of those around you.

PLEASE WELCOME OUR NEW DRIVER MARK ANGELIDES!

Mark Angelides is the newest addition to our team filling the position of Senior Programs Driver! Mark is making it possible to provide door to door transportation for our older residents. He has extensive driving experience that includes driving in New York, North Carolina and Utah. His professionalism and attention to detail makes him a great asset. Transportation services are offered to and from Senior Programs, Monday-Friday between 9 AM-3 PM. Call now to schedule your ride! 801-302-1222.



"We are all faced with a series of great opportunities brilliantly disguised as impossible situations"

~ Charles Swindoll

SOUTH JORDAN SENIOR ADVISORY COMMITTEE

Chair

Mick Florin

Vice Chair

Loyd Hefflin

Members

Pat Vogt

Alexis Spaulding

Anna Florin

Vivian Ford

City Council Liaison

Don Shelton

SOUTH JORDAN COMMUNITY CENTER STAFF

Community Center Supervisor

Jamie Culbertson

Senior Program Assistant

Jennifer Puntel

Kitchen Assistant

Darla Grebb

Community Center Customer Service

Missy Connole

Robert Kuta

Driver

Mark Angelides

Custodian

Adam Gailey

AUGUST SOUTH JORDAN SENIOR PROGRAMS

2021

Every Monday

8:00-3:00 Computer Lab,
Exercise Equipment, Billiards
11:00-11:30 Take-out Lunch
11:30-12:30 In-person Lunch
12:30 Ceramics
1:30 Pickleball

PAYSON SALMON SUPPER

Friday, August 6
2:30 PM
Cost: \$20



It's back! Salmon grilled over dried fruitwood fires, baked potatoes, corn on the cob, & more! Entertainment provided throughout the evening.

LEGAL CONSULTATIONS

with Earl Webster
Attorney at Law
Wed. August 25
private appointments
starting at 1:20 PM
Cost: Free

This service is available the 4th Wednesday of every month. We can help with advice and direction for any legal questions you may have. Call 801-302-1222 to make your appointment.



SENIOR ADVISORY COMMITTEE EVENTS

The Senior Advisory Committee has planned some fun events this month! Don't miss the Ice Cream Social on Aug 12 @ 12:30 PM and the Pancake Breakfast on Aug 27 @ 8-10 AM. Both events are FREE! We would love to see you there! First come first serve.

POP-UP FARMERS MARKET

Tue. August 31
11:15 AM | FREE
Pick up some fresh produce! Supplied by the jail Horticulture. First come first serve.



Every Tuesday

8:00-3:00 Computer Lab,
Exercise Equipment, Billiards
10:00 T'ai chi
11:00-11:30 Take-out Lunch
11:30-12:30 In-person Lunch
1:00 Oil/Acrylic Painting

Every Wednesday

8:00-3:00 Computer Lab,
Exercise Equipment, Billiards
10:15 Gentle Yoga (ZOOM)
11:00-11:30 Take-out Lunch
11:30-12:30 In-person Lunch
12:30 Ceramics
















Every Thursday

8:00-3:00 Computer Lab,
Exercise Equipment, Billiards
9:00 Woodcarving
10:00 Gentle Yoga (IN PERSON)
11:00-11:30 Take-out Lunch
11:30-12:30 In-person Lunch
1:30 Pickleball

Every Friday

8:00-10:00 Darla's Diner
Breakfast
8:00-3:00 Computer Lab,
Exercise Equipment, Billiards
9:30 Restorative Yoga
10:00 T'ai chi
11:00-11:30 Take-out Lunch
11:30-12:30 In-person Lunch



SUN	MON	TUE	WED	THU	FRI	SAT
1 	2	3	4 12:30 Bingo! Sponsored by Humana 	5	6 10:00-12:00 Watercolor 2:30 Payson Salmon Supper 	7
8	9	10	11 12:30 Bingo! Sponsored by Legacy 	12 12:30 Ice Cream Social sponsored by The Senior Advisory Committee 	13	14
15 	16	17	18 12:30 Bingo! Sponsored by South Jordan View Retirement Living 	19	20 10:00-12:00 Watercolor 	21 World Senior Citizen Day 
22	23	24 2:00 Senior Advisory Committee Meeting	25 12:30 Bingo! Sponsored by Assisted Living Locators 1:20 Legal Consultations With Earl Webster <i>Attorney at Law</i>  	26	27 8-10 Pancake Breakfast sponsored by the Senior Advisory Committee 	28 
29	30	31 11:15 Pop Up Farmers Market 	GOODBYE August 			

COMING UP IN SEPTEMBER

- Mon. Sept 6 CLOSED
- Thu. Sept 9 | 9AM-12PM Senior Health and Wellness Fair
- Sept 13-18 Summerfest
 - Fri. Sept 17 | 3 PM Bingo Bonanza
 - Sat. Sept 18 | 9 AM Parade
- Tue. Sept 21 | 11AM Medicare Seminar
- Check back in for upcoming added trips!



LUNCH

Take-out lunch is served between 11:00-11:30. In-person lunch is served 11:30-12:30. Provided by Salt Lake County Aging and Adult Services. Suggested donation for 60+ is \$3.00. Suggested donation for those under 60 visiting with a senior participant is \$7.00 (actual cost of meal)



TRANSPORTATION

Transportation to and from Senior Programs is available for South Jordan Residents ages 60+ free of charge. Call 801-302-1222 to schedule a ride.

